

# Senior Services



## norman park center

270 F Street 691-5086

Karen Harvell, Recreation Supervisor III  
Kathy Wigginton, Recreation Supervisor II

From educational courses to health programs to exercise, there's a class or event for just about everyone at a time that fits your schedule. Classes and special interest groups include singing, yoga, creative writing, coin collecting, Tai Chi, watercolor painting, and bridge. Dancers, from beginners to advanced, will enjoy line, square, round, and ball-room dancing. To make it easy to join in, many classes have open enrollment and do not require advance registration. Go to the City's website or [www.lifeoptionsouthbya.com](http://www.lifeoptionsouthbya.com) Recreation Page to see our complete program.

### Fitness Center

Take a look inside the building behind the center! We have treadmills, elliptical trainers, a stationary bike, strength equipment, and weights. Some equipment is wheelchair accessible.

#### Orientation and

**Membership Fee:** \$25 per quarter

### Newcomer Orientation

Newcomer orientation takes place on the first Thursday of each month at 11am.



## Volunteer Opportunities

The Senior Program has numerous opportunities for volunteers to work with staff to develop and oversee programs and services. A great opportunity! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890

### Life Options Annex

[www.lifeoptionsouthbay.com](http://www.lifeoptionsouthbay.com)

Hours: Mon/Tues/Thurs, 9am-3pm

Through the Annex and the Life Options South Bay website, people age 50 and older can learn about opportunities for civic engagement, education, recreation, health activities, and employment possibilities. The goal of this "one stop shop" is to provide persons nearing or in retirement with information and referrals and to bring community members together. We can help you get the most out of your retirement.

### Sampling of Classes Offered:

#### AARP Driver Safety Program

Call (619) 641-7020 to register.

**Session Fee:** \$10

June 16 & 19 12:30 - 4:00 pm

July 19 & 21 12:30 - 4:00 pm



## adult education classes

Ongoing classes through June 8.  
Some classes continue through Summer.

### Watercolor

**Free**

Mon 9:00 am

### Exercise

**Free**

Mon - Thu 8:00 am

### Yoga

**Free**

Fri 8:00 am  
Wed 7:15 pm

### Yoga

**Session Fee:**

\$25 per semester

Thurs 5:00 pm  
Thurs 7:15 pm

### World Affairs Class

Mon 10:00 am

### Longevity Stick

Tues 9:00 am  
Mon 1:00 pm



## Casual Crafters

This craft class makes items for Community Assisted Living Facilities.

**Instructor:** J. Oliver  
Wed 9:30 am

## Tai Chi

Wed 9:00 am

## Drawing and Acrylic Painting

Tues 10:00 am

## Conversational Spanish

Mon, Wed  
Fri 10:00 am

## Spanish Language

Wed, Fri 9:45 am

## Chinese Conversation

Sun 3:00 pm

## Ballroom Dance Class

**Fee:** \$2 Resident  
\$2.50 Non-Resident

Mon 1:00 pm

## Country Line Dance Class

**Fee:** \$3 Resident  
\$3.75 Non-Resident

Beginners Tues 11:00 am  
Intermediate Tues 10:00 am

## Strength Training

**Instructor:** K. Bodge  
**Fee:** \$1 per class

Wednesdays 6:00 pm

## Write Your Life Story

Designed for the older adult, structured sessions utilizing the Life Bio internet service are taught by a SeniorNet Computer Learning Center volunteer. Basic computer skills as well as typing skills are prerequisites. Registration taken only at Norman Park.

**Fee:** \$30

**Norman Park**

July 10, 17, 24, 31, Aug 7, 14 1:00 - 4:00 pm



## Free Older Adult Services

### Are You OK?

This program advocates independent living by reassuring participants with a regularly scheduled daily check up call.

### Vial of Life

The vial is a magnetized container that adheres to the refrigerator door and designed to keep personal medical information. It can conveniently be given to emergency medical personnel or taken to a doctor.

## Info, Referral & Social Services

Norman Park provides numerous services for seniors and their families through the community agencies and trained volunteers. Extensive resources and references include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities, health insurance counseling and bereavement support. Staff is available to answer your questions between 10am and Noon,



## Senior Net Computer Learning Center

The Computer Learning Center offers seniors the opportunity to learn basic computer skills including surfing the Internet and word processing. More advanced classes are also available including using a computer with digital cameras, making greeting cards and sending e-mail. The annual membership fee is \$40 and includes SeniorNet.org.

**Class Fees:** \$20 Resident  
\$25 Non-Resident

## Volunteer Computer Instructors

Are you a computer whiz? The Learning Center is always looking for volunteers to teach developed lesson plans, provide technical assistance or supervise our computer labs. Classes are on-going.